



Grief Support Group B  
Spring 2026  
Time 6:30pm-7:30pm

Date	Topic
Tuesday, January 27, 2026	The Grief Journey
Tuesday, February 10, 2026	My Grief Story
Tuesday, February 24, 2026	Exploring Death Within the Family
Tuesday, March 10, 2026	Coping with Stress & Change
Tuesday, March 31, 2026	Anger
Tuesday, April 14, 2026	Guilt, Regret, and Shame
Tuesday, April 28, 2026	Memories
Tuesday, May 12, 2026	Self-Care & Support

Need to miss a night of group? Just let us know by emailing [riley@calmwaters.org](mailto:riley@calmwaters.org)

**DON'T FORGET TO RESERVE YOUR SPOT!**

**The sign-up link will be sent via email at noon the Thursday before each group meeting.**

\*For new participants please register with this QR code:



*...helping children and families in their grief journey caused by death, divorce or other significant loss*

### **Grief Group A**

Parent/Sibling/Other Significant Relationship – A group for adults dealing with the death of a parent, sibling, or other significant family/friend.

Spouse/partner loss under 55 – A group for those whose spouse/partner has died under age 55.

Spouse/partner loss over 55 – A group for those whose spouse/partner has died after age 55.

Suicide loss – A group for adults whose loved one died by suicide.

Traumatic Loss – A group for adults who have had a loved one die in a traumatic way (e.g. sudden accident, overdose, homicide, etc.)

Child 1 – A group for children ages 3-5 whose loved one died.

Child 2 – A group for children ages 6-9 whose loved one died.

Child 3 - A group for children ages 10-12 whose loved one died.

Teen – A group for teens whose loved one died.

### **Grief Group B**

Parent/Sibling/Other Significant Relationship – A group for adults dealing with the death of a parent, sibling, or other significant family/friend.

Child loss under 18 – A group for those whose child died under age 18.

Child loss over 18 – A group for those whose child died over age 18.

Virtual Support Group – A group for adults anticipating the death of their loved one or whose loved one has died. This group meets via zoom.

Child 1 – A group for children ages 3-5 whose loved one died.

Child 2 – A group for children ages 6-9 whose loved one died.

Child 3 - A group for children ages 10-12 whose loved one died.

Teen – A group for teens whose loved one died.

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